How to Become a Lifeguard/Swimming Instructor

**Lifeguard Stream**

1. Bronze Star Course  
   (Recommended)

2. Bronze Medallion Course  
   *Must have completed Bronze Star OR minimum of 13 years old*

3. Bronze Cross Course  
   *Must have completed Bronze Medallion*

**Instructor Stream**

1. Standard First Aid/CPR ‘C’ & AED Course  
   City of Regina accepts this award from: Red Cross, St. John’s or Lifesaving Society for job applications or future courses

2. ‘Swim for Life’ Instructor Course  
   *Must be 15 years old*

3. National Lifeguard  
   *Must have completed Bronze Cross Course and Standard First Aid/CPR ‘C’ & AED.  
   *Must be 15 years old on first day of class*